

Health Ministries News



THE HEALTH CONNECTION

Every church a center of hope and health.

REACH UP



Non-Smoking graduates and facilitators.

Breathe Free Program Helps People Quit Smoking

Beirut, Lebanon | Middle East and North African Union (MENA)
Eight new non-smokers have reason to celebrate after receiving their "Bachelors of Non-Smoking" certificates in Beirut, Lebanon, this past October. The Breathe Free 2 smoking cessation program ran for three weeks near Middle East University (MEU) with 15 regular attendees between the ages of 20-60+ years.



UNACH Students with GC Health Ministries Presenters Dr. Reinert and Dr. Evans.

Master's in Health and Mission

Adventist University, Chile | South American Division (SAD)
The Adventist University of Chile (UNACH) Seminary is partnering with the GC Health Ministry department in offering a graduate program in Mission with a focus on Health. January 2019 was the second year that students experienced intensive classes covering healthy lifestyles, mental health, addiction prevention and recovery, as well as other core mission content.



Participants of GC Global Leadership Conference.

Church Leaders Renew Commitment to Healthy Lifestyle

Montego Bay, Jamaica | General Conference
On February 1-10, 2019, Adventist church world leaders gathered in Montego-Bay, Jamaica, for their annual leadership conference. This time a major focus of the meeting was on comprehensive health ministry and personal health. Nearly 200 attendees and their spouses representing 13 divisions and Israel field were offered health screening tests before and after the week-long conference.



GCNC members and spouses near Sydney, Australia.

General Conference Nutrition Council in Action

Tasmania, Australia | General Conference
The General Conference Nutrition Council (GCNC) had its annual meeting in Tasmania, Australia on March 12-17, 2019. During the first four days, the nutritional experts reviewed papers in preparation for publication of various Nutritional Fact Sheets. They also listened to presentations by experts on current nutritional issues. A unique aspect of the meeting this year was the collaboration with Tasmania Conference to engage in community outreach.

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Focus on a Spirit Led Revival



United in Prayer

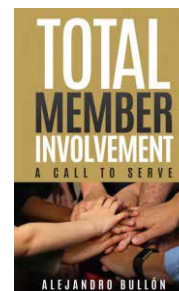
This quarter we are focusing on World-Changing Prayer Warriors: Prayers That Change Our Perspective. In the Bible we find stories of individuals who prayed, and the answer to their prayers changed the world. Our prayers may not change the entire world, but they will change the world around us—or even just the world of one person—for eternity.

Believe His Prophets

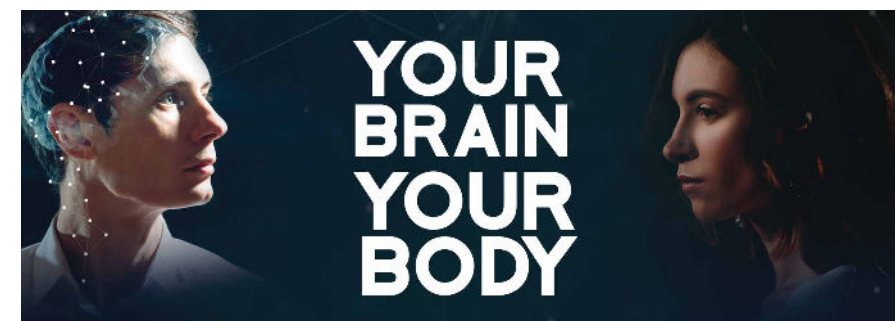
Believe His Prophets, the sequel to Revived by His Word, is a five-year program reading through the Bible and selected Ellen White writings, including Steps to Christ, Christ's Object Lessons, Patriarchs and Prophets, Prophets and Kings, The Desire of Ages, The Acts of the Apostles, and The Great Controversy.

Books

Total Member Involvement by Alejandro Bullón. More than simply a call to serve, this book presents simple and practical ways for each member to enlist as a worker for God, whether it is on the other side of the ocean or on the other side of the street.



Your Brain, Your Body



Twelve years ago then Director General of the World Health Organization (WHO) encouraged the Church to speak on Health and Lifestyle to the world. This invitation was directed to the Health Ministries Department of the Seventh-day Adventist Church through Dr. Margaret Chan's Office for Partnerships and UN Reform.

Loma Linda University has the greatest global footprint. While it is not the largest university, it continues to reach out across the globe. A significant factor in this success story is the strong relationship which Loma Linda University enjoys with the global Seventh-day Adventist Church.

We look forward to having you join this international convocation as we look at some of the ways in which lifestyle impacts not only our bodies, but our emotional, mental and spiritual health and well-being. We will also celebrate Adventist Health Ministries' partnerships with Loma Linda University, the International Commission for the Prevention of Alcoholism and Drug Dependency (ICPA), the WHO, and each of you.

Why a global conference? It affords a wonderful opportunity for the meeting of minds, the sharing of ideas and the exploration of scientific developments together! Learning, debating, discussing and networking with people coming together from around the world is invigorating, encourages growth in our knowledge and our relationships, and serves as a reminder of our mission to share wholeness and serve all!

Registration is now open. Catch the early bird discount and ensure your accommodation by visiting www.conference.healthministries.com and registering soon. We look forward to seeing you in just over 3 months' time. God bless and Godspeed.

Why at Loma Linda University? Adventist Health Ministries and Loma Linda University are longtime partners in health work and education. Many exciting changes are taking place on the campus of Loma Linda including the erection of a modern, highly engineered new hospital.



Peter Landless, MD

Director GCHHealthMinistries

Health Ministries Resources

To make universal health coverage a reality we need...



•**World Health Day (April 7).** Universal health coverage is WHO's number one goal. Key to achieving it is ensuring that everyone can obtain the care they need, when they need it, right in the heart of the community. Progress is being made in countries in all regions of the world. But millions of people still have no access at all to health care. Millions more are forced to choose between health care and other daily expenses such as food, clothing, and even a home. This is why WHO is focusing on universal health coverage for this year's World Health Day, on 7 April: <https://bit.ly/2X8P85G>

•**World Malaria Day (April 25).** This is an internationally recognized day, highlighting the global efforts to control malaria and celebrating the gains that have been made. Since 2000, the world has made historic progress against malaria, saving millions of lives. However, half the world still lives at risk from this preventable, treatable disease, which costs a child's life every two minutes. For resources on this go to: <https://bit.ly/2TEGbhx>

•**SDA Guidelines on Immunizations (April 24–30 is World Immunization Week).** Immunization saves millions of lives every year and is widely recognized as one of the world's most successful and cost-effective health interventions. Yet, there are still nearly 20 million unvaccinated and under-vaccinated children in the world today. This year's theme for the WHO World Immunization Week is Protected Together: Vaccines Work! Many people are misinformed about the risks of vaccines. The Adventist Church has published guidelines for vaccinations encouraging members to be vaccinated and immunized. These can be accessed at <https://bit.ly/2JOF4fu> For WHO's Immunization Week resources go to <https://bit.ly/2DFWgFC>



•**World No Tobacco Day (May 31).** Every year on 31 May, WHO and partners mark World No Tobacco Day (WNTD), highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption. The focus of World No Tobacco Day 2019 is "tobacco and lung health." The campaign will increase awareness on the negative impact that tobacco has on people's lung health, from cancer to chronic respiratory disease, the fundamental role lungs play for the health and well-being of all people. For resources go to: <https://bit.ly/2U5lnAU>

WHO and UN Health Calendar Emphasis



April–June

World Health Day
7 April

World Immunization Week
Last week of April

World Malaria Day
25 April

World No Tobacco Day
31 May

World Blood Donor Day
14 June

Dates to Remember

2019

March 12–17

General Conference Nutrition Council
Tasmania, Australia

May 9–11

Latin America Nursing Congress
& AINEC Latin America
UNASP-SP, Brazil

July 9–13

3rd Global Conference
on Health and Lifestyle
Loma Linda, CA

August 14–18

TED Youth Alive Training Conference
Albania, Adriatic Union

August 20–24

TED Youth Alive Training Conference
Lithuania, Baltic Union

August 26–31

SID Youth Alive Training Conference
Botswana Union

December 2–8

ECD Youth Alive Training and Conference
Northern Tanzania Union

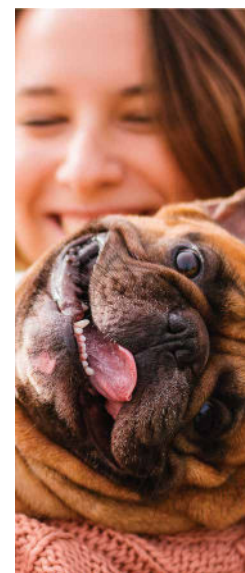
RESEARCH UPDATES

Share Facts with Hope and Positive Choices



•**Watching TV May Shorten Your Life.** Every hour spent watching TV may shorten the viewer's life by 21.8 minutes. New research published in the British Journal of Sports Medicine tracked data from 100,000 Australians over the age of 25 found that those who watch television six hours a day "can expect to live 4.8 years less than a person who does not watch TV," and concluded that watching too much TV is as dangerous as smoking or being overweight. You can extend your life expectancy by the push of a button—the TV remote button, that is. Consider alternative forms of relaxation and entertainment that reduce sedentary time and introduce more physical activity to your family's daily life. So, don't wait! Turn off the TV and live a healthier and longer life. <https://factswithhope.org/> (video 21).

•**Having a pet may impact your heart health.** According to an *American Heart Association* scientific statement, having a pet might lower your risk of heart disease. A review of previous studies on the influence of pets on human health found that pet owners tend to have lower blood pressure and cholesterol levels, stress, and incidence of obesity. One study of over 5,200 adults showed that dog owners were 54 percent more likely to reach recommended levels of physical activity. As you consider your leisure time activities, think about the loving relationship you have with your dog or cat. Not only can pets pull at your heartstrings, but they improve your heart health so that you will live a longer and happier life. <https://factswithhope.org/> (video 19)



•**Marijuana Addiction Growing.** It is estimated that 2.7 million Americans are dependent on marijuana. A Pew Charitable Trust investigation found that marijuana addiction does exist and is growing. While hard numbers are hard to come by, data suggests about 9 percent of all users become addicted to marijuana (17 percent among those who start as adolescents). Some treatment centers report increases in those requesting help which may be due to higher concentrations of THC levels. Selective breeding has increased the potency today to 20 to 30 percentage, up from 2 to 4 percent several decades ago. The best policy is to never start, but if you are dependent, get qualified help immediately. <https://bit.ly/2uuvXGv>

•**Taxing Tobacco.** A majority of the world's 1.6 billion smokers live in low- and middle-income countries. Increasing the excise tax on tobacco three-fold in many low- to middle-income countries would cut tobacco deaths by about one-third worldwide. Because 50 percent of young men and 10 percent of young women become smokers, and few quit, predictions are that tobacco-related deaths will rise from about 5 million today to more than 10 million a few decades out. Large tax increases in France and South Africa have cut cigarette consumption by half in less than 15 years. Support every legitimate effort to reduce tobacco use! <https://bit.ly/2HYRQW8>

